

CITY OF DULUTH PARKS AND RECREATION  
AND MEN AS PEACEMAKERS

# TURF TIME!

**Heritage Sports Center • 120 South 30th Avenue**

In recognition of Athletics as a pathway to strong character and service ethics, we are bringing in UMD Student Athletes to conduct fun games and activities on the indoor turf that will foster fitness, social ties and good sportsmanship. Sample Activities:

Kickball • Flag Football • Disc Golf • Soccer  
Parachutes • Relays • Obstacle Courses

**Spring: April 26-May 31**  
**Summer: June 21-August 23**  
**Thursdays from 4:30-6:30 p.m. (spring)**  
**and 1-3:00 p.m. (summer)**

Appropriate ages 7 - 17, with adult group leader or caregiver. Participants will be divided by age, ability and interests. Parents / Guardians must register children on-site and are encouraged to participate. A healthy snack will be provided after each session. Space is limited. This activity is FREE.

***For more information and to register call Pamela at 730-4388***

Also, be sure to check out

## Ultimate Frisbee Wednesdays

Learn how to play the game of Ultimate Frisbee! It's a fun, fast moving game similar to football, played with a frisbee but with very little physical contact. Show up for direction, skill practice and pick-up games with well-seasoned players.

Ages: Youth ages 7-17 • Dates: Wednesdays, April 18-May 23  
Time: 7:00-8:00 PM • Cost: Free

